



january 13 2015

hartford street zc news

So to feel something about Buddhism is not the main point. Whether that feeling is good or bad is out of the question. We do not mind, whatever it is. Buddhism is not good or bad. We are doing what we should do. That is Buddhism. Of course some encouragement is necessary, but that encouragement is just encouragement. It is not the true purpose of practice.



It is just medicine. When we become discouraged we want some medicine.

When we are in good spirits we do not need any medicine. You should not mistake medicine for food. Sometimes medicine is necessary, but it should not become our food.

[Zen Mind, Beginner's Mind –Shunryu Suzuki Roshi](#)



public schedule

mondays

*7:00 am zazen

*7:40 am morning chanting service

**last monday of each month, no morning schedule*

6:00 pm zazen

6:40 pm evening chanting service

tuesdays - fridays

6:00 am zazen

6:40 am kinhin (walking meditation)

6:50 am zazen

7:20 am chanting service

7:40 am soji (brief temple cleaning)



new year's eve noodles @ hszc dec 31 2014 photo - photo taken by Myo Lahey, noodles offered by Sheryl Leaf

words from our Abbot: Rev. Myō Lahey

"The most important thing is to have the correct attitude." I keep hearing this over and over again. I think I must have encountered that in waking life at some point but I don't remember where or when. It's a very typical modern Soto Zen teaching. "Must have correct attitude." Of course it goes back to Dogen. I don't think he uses that word particularly. He doesn't so much say, "you must have the correct attitude" so much as he illustrates it over and over in all of the countless thousands of characters that he wrote and many many talks that he gave. He's constantly going back to this point. Attitude is not such a great translation because for Dogen attitude is a complete posture of the body-mind.

Certainly growing up Catholic the way I did, and being a defenseless child in the 1950's at the mercy of certain members of the religious establishment, on your report card you could be given a grade on your attitude... I used to get not very good marks on attitude. There was also a playful way about me that the nuns didn't care for. In that frame of reference, attitude was something to do with relating to authority properly. Are you



6:00 pm zazen
6:40 pm chanting service
thursdays study hour 7:30pm

saturdays

6:30 am zazen
7:10 am chanting service
7:25 am soji
8:30 am drop-in instruction
9:25 am zazen
10:15 am dharma talk
11:00 am refreshments/social*

* if a ceremony applies it will occur before social time



Please help support our Temple, Dharma Study, Resident Student Program, Our Practice Schedule, Space & Programs offered to the Public.

Donations are tax deductible
we are a 501-3c - non-profit

appropriately reverent when they drag the whole class over for church?

That is not what Dogen means at all when he speaks about attitude. He is talking about the entire arrangement of the body-mind. The perfect arrangement of the body-mind he calls just sitting. He makes it clear he's not just talking about sitting in a cross-legged posture. If our vision or our understanding has not yet convinced us of the truth of what the Buddha's and ancestors teach, he strongly urges us to have the bearing that it is crystal clear that the Buddha's and ancestors were teaching the truth. The challenge that is presented to us is then, what if the fundamental truth of our human experience is dependent co-arising? One beautiful reflection of that is what we call the self. The self includes this self, that self, that self...all those selves that we see and encounter. Even the so-called self of the inanimate.

[hszc dharma talk 12 04 2014](#)



upcoming events:

dharma talks @10:15am, saturdays

- **Myō Lahey** - jan 24; feb 7, 14...
- **Daiko Tanzen, David Bullock** - jan 31, mar 28, may 23, jul 25...
- **guest speakers** - **Kogen Seido, Jamie Howell - jan 17,**
Renshin Bunce - mar 21, Konin Cardenas - apr 18; Fugan,
Eugene Bush - may 9, Fugan, Eugene Bush - nov 14

full moon ceremony - **saturday, january 31st @ 11am** - the full snow moon; hunting becomes very difficult, and so some Native American tribes called this the hunger moon.

other Native American tribes called this moon the "shoulder to shoulder around the fire moon" (Wishram Native Americans), the "no Snow in the trails moon" (Zuni Native Americans), and the "bone moon" (Cherokee Native Americans). the bone moon meant that there was so little food that people gnawed on bones and ate bone marrow soup.

Sangha Council - TBA - last session: november 8th 2014

Dōgen (道元) Zenji & Keizan Jōkin's 榮山紹瑾 birthdays - we will observe & celebrate this event on Saturday Jan 24th @11am

practice discussions are available with Rev. Daiko Tanzen, David Bullock. please contact him directly or email: hszc108@yahoo.com to request to schedule time.

board of directors' meeting - second wednesdays of the month january 14 @ 7:30pm. you're welcome to attend & observe.

Bodhidharma commemoration - february 7 @11am

study hour - thursdays @7:30pm: the Vimalakīrti Sūtra. we can share books for anyone who wants to join in, or feel free to purchase a copy and join us (many are very low cost online, we focus on Dr Thurman's version). check our twitter page for any last minute changes in schedule.

closure & schedule changes

No morning (only) zazen & chanting/service on the last monday of every month. please check [our twitter](#) page for last minute changes in their email.

hartford history: December 1989



Jukai

On December 2, the Abbot of Issan-ji, Issan Dorsey, officiated at a traditional Jukai ceremony giving lay ordination and Buddhist precepts to Peter Goetz, Les Harmon, Dana Huntington, Ted Petrella, Niki Rothman, David Sunseri, and Celeste West.

HIV meditation group; weekly meditation group for those living with HIV, their friends, families, community supporters & anyone who wants to join us!

thursdays & fridays

10:30am zazen

11:00am garden socializing

meditation in recovery; weekly meditation group for men & women in recovery from addiction
fridays, 7:30pm - 9pm

(women only) **meditation in recovery**; monthly meditation group for women in recovery from addiction.

first thurs, 7:15pm -8:45pm

please contact us for rental space as well, events, ceremonies performed by a zen priest - weddings, memorials, coming of age & baby naming events.

Abbot, Hartford Street Zen Center
--- Reverend Myō Lahey ---



57 Hartford Street
San Francisco, CA 94114

info@hszc.org
415.863.2507

*Please submit stories, reflections,
personal news, artwork &
photography
for future newsletters to
KeiDo at*

tetsugen.keido@yahoo.com

*May this newsletter find you well
& equanimous! _/_*

[Click here](#) to forward this email to a friend

